

September BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 • mini french toast muffin w/ string cheese/ fruit	4 • Strawberry bowl pancake/ Fruit	5 • plain bagel w/ cream cheese fruit	6 • blueberry muffin/ fruit
9 • cinnamon chex/ educational snacks/ fruit	10 • banana muffin/ fruit	11 • plain bagel w/ cream cheese/ fruit	12 • Cinn toast bagel/ fruit	13 • mini lemon muffin w/ string cheese/ fruit
16 • cheerios/ animal crackers/ fruit	17 • mini french toast muffin w/ string cheese/ fruit	18 • blueberry bagel w/ cream cheese/ fruit	19 • banana muffin/ fruit	20 • Plain bagel w/ cream cheese/ fruit
23 • corn chex/ giant cinnamon grahams/ fruit	24 • cinnamon raisin bagel/ fruit	25 • yogurt/ granola/ fruit • string cheese/ cinnamon grahams/ fruit	26 • cinnamon crumble/ fruit	27
30 • Plain bagels / yogurt				

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

September LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	<ul style="list-style-type: none"> <li>• Chicken Bites</li> <li>○ sliced cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken with beans &amp; biscuit</li> <li>○ broccoli w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• cheese enchiladas (vg)</li> <li>○ kidney beans, edamame, carrot, corn</li> </ul>	<ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>○ carrot, corn &amp; peas</li> </ul>
9	10	11	12	13
<ul style="list-style-type: none"> <li>• Mac &amp; cheese</li> <li>○ baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti noodles with Marinara</li> <li>○ cucumber &amp; tomato salad</li> </ul>	<ul style="list-style-type: none"> <li>○ Meatball sub</li> <li>○ chopped lettuce &amp; sliced tomatoes w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• Hot dogs</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>○ black bean, edamame, corn &amp; diced carrots</li> </ul>
16	17	18	19	20
<ul style="list-style-type: none"> <li>• Burger with Cheese</li> <li>○ corn &amp; tomato salad</li> </ul>	<ul style="list-style-type: none"> <li>• Orange chicken</li> <li>○ Coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Dogs</li> <li>○ baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• chicken bites</li> <li>○ garbanzo, edamame &amp; carrot</li> </ul>	<ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>○ broccoli w/ ranch</li> </ul>
23	24	25	26	27
<ul style="list-style-type: none"> <li>• hot dog (df)</li> <li>○ orangy carrots</li> </ul>	<ul style="list-style-type: none"> <li>• penne pasta w/ meat sauce (df)</li> <li>○ sliced cucumber</li> </ul>	<ul style="list-style-type: none"> <li>• pepper jack cheeseburger</li> <li>○ chopped lettuce &amp; sliced tomatoes w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• kickin chicken melt sandwich</li> <li>○ three bean salad &amp; steamed corn</li> </ul>	
30				
<ul style="list-style-type: none"> <li>• Chicken Bites</li> <li>• Carrots</li> </ul>				

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day

september SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 • rf honey wheat crackers/ sunbutter	4 • goldfish pretzels/ fruit	5 • goldfish colors/ string cheese	6 • rf honey wheat crackers/ string cheese
9 • goldfish color crackers/ fruit	10 • educational snacks/ fruit	11 • hot & spicy goldfish crackers/ fruit	12 • giant cinnamon goldfish grahams/ fruit	13 • mini dipper doodle/ fruit
16 • rf honey wheat crackers/ string cheese	17 • goldfish colors/ juice • honey grahams/ fruit	18 • ranch rumbles/ fruit	19 • educational snacks/ sunbutter	20 • cinnamon grahams/ fruit
23 • hot & spicy goldfish crackers/ string cheese	24 • educational snacks/ fruit	25 • yogurt/ fruit	26 • goldfish colors/ fruit	27 • rf honey wheat crackers/ fruit
30 • Educational snacks				

DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our website at [revolutionfoods.com](http://revolutionfoods.com)

**Snack:** fresh fruit available daily except when Sunbutter, string cheese or juice is served.